



*“Maintaining a Sense of Optimism is  
all about psychology”*

*Peaceful Mind Foundation (PMF)* is a global organization registered with the United Nations (U.N.) Global Compact and, based in New Delhi, India. The foundation is present in many parts across the world, embarking its vision i.e.,

*“To make psychology a household term, peace, and well-being and Culture”*

## OUR INITIATIVES:

1. Global Youth Mental Health Forum
2. World Leaders for Mental Health
3. PMF Mentors
4. Fight Against Covid-19
5. Peaceful Mind Foundation  
Fellowship & Goodwill Ambassador
6. Global Academy of Psychological  
Sciences
7. Stress Management & Counseling  
Centre – North Municipal  
Corporation, Delhi
8. Open Mic: Stress Buster with Pals
9. Special Counselling Unit for  
Afghanistan

# Global Youth Mental Health Forum



## The Global Youth Mental Health Forum

(GYMHF) is a global platform powered by Peaceful Mind Foundation, based in New Delhi, India. Initiated in 2018 by PMF as "Youth Forum", its mission is cited as "Better Mindscape for Better tomorrow". The forum will focus on youth psychology, child psychology and child mental health amalgamating youths, youth activists, NGO's, psychologists from across nations.

The organization also plans to convene a yearly meeting in locations across Africa, Asia, and the Middle East, with all its regional directors and advisors. Beside meetings, the foundation will produce youth activists in psychological first aid and will engage its members in specific initiatives.



## GYMHF Webinar organised on World Youth Day



# World Leaders For Mental Health



## Mission And Vision

- Create a platform for world leaders to collectivize and present coherent arguments in favour of mental health reforms.
- Maintain a registry of world leaders with their signature which can be accessed by individuals across the world.
- Conduct events & awareness campaigns along with the assistance of offices of leaders globally.
- Partner with other global organizations with similar objectives. (e.g. Global Council for Mental Health [WHO])
- Facilitate conversations of world leaders with renowned mental health experts and/or practitioners, to assist in developing recommendations for mental health policy.
- Drive policy change in the space of mental health, worldwide.



Inaugural Session of WLFMH

# PMF Mentors

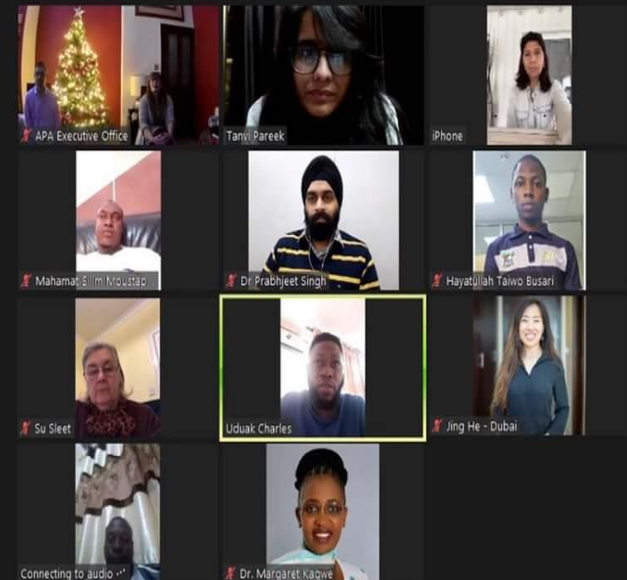
- As we emerge into a transformational new world, which will be abundant with new possibilities and opportunities, it is essential that people transform their mindsets and thinking.
- Peaceful Mind Mentors recognizes the importance of transformation and adaptability. Our Mentors are the drivers of conversations which will enable every listener to step forward into this new future with confidence, knowledge, and with a healthy state of mind.



**PEACFUL MIND MENTORS**  
Conversations for Transformations



**PEACFUL MIND MENTORS**  
Conversations for Transformations



A Talk session

## Positive Side of Covid-19



[www.peacfulmind.org/pmf-mentors](http://www.peacfulmind.org/pmf-mentors)





# Fight Against Covid-19

- Covid-19 and the necessary restrictions to decrease the impact of the virus has had a negative impact on people's mental health.
- The aim is to provide people with resources so that they can help themselves cope.
- Organized emergency counselling service for frontline warriors going through Covid anxiety.





PEACFULMIND  
FOUNDATION  
FELLOWSHIP

# Peaceful Mind Foundation Fellowship

Peaceful Mind Foundation Fellowship program wherein we will be awarding #fellows to individuals working in the area of mental health awareness or mental healthcare as clinical practice.

- There is no as such eligibility criteria for applying (the individual should have an impact on society ultimately leading to happiness and well-being).
- Self-nominations are accepted.
- Individual and organization would be given free tutorial for the psychological First aid program under Global Youth Mental Health Forum and others





# Global Academy of Psychological Sciences

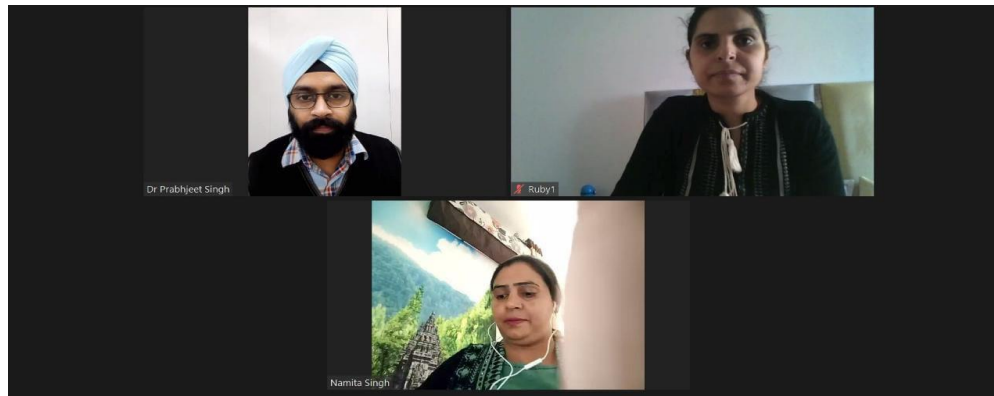
Our mission is to offer the finest psychological services, training, and research in mental health.



## The following courses are provided by G.A.P.S

1. Handwriting Analysis and Grapho Cybernetics

2. Diploma in Advance Applied Psychology



Students taking online class

# PMF Free Stress Management Centre

- In today's stressful environment, we need someone who listens to us without any judgement and makes us understand who we are and our abilities. Recently in Civic Centre, a Free Stress Management centre was initiated celebrating the occasion of WORLD HEALTH MENTAL DAY i.e. 10th october,2019 by North Municipal Corporation of Delhi in collaboration with Peacfulmind Foundation.
- The basic idea behind opening this is to provide happy environment to employees and creating a stress free environment, so that their work efficiency would increased.



# Open Mic: A Stress Buster With Pals

## Aims And Objectives :

- We all face stress and need to speak out our worries, our botheration, our weaknesses and sometimes just want to talk. But even then we do and sometimes can't talk or share also don't get solutions even by trying.
- Peacefulmind Foundation initiates this small program to help you ventilate our, speak out, talk out without any hesitation and without fear of being judged.
- The stress buster open mic allows not only to share your own thoughts and worries but also be a part in helping the other to find solution and relax to attain the peace of mind.

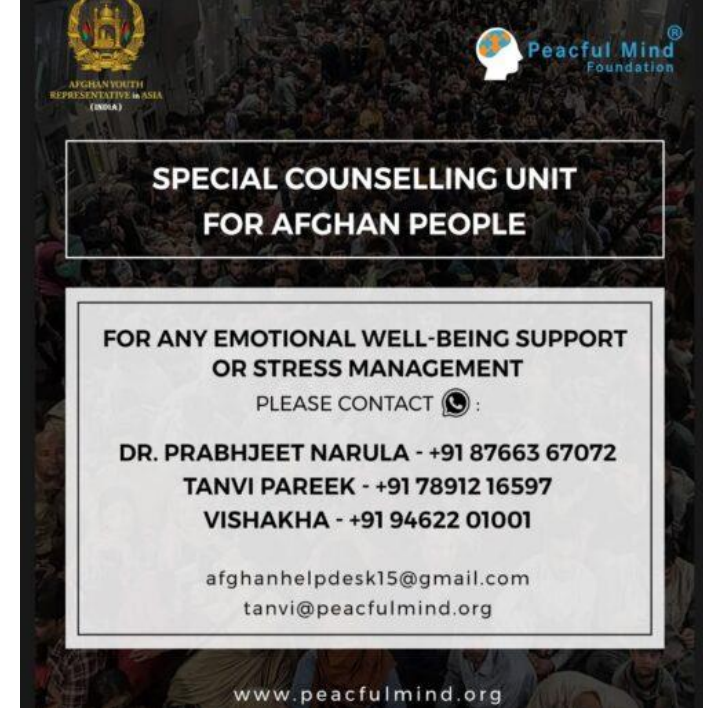


Inaugural Session of open mic



# Special Counseling Unit For Afghanistan


- Peacefulmind Foundation is all set to provide psychological aid and special counselling to Afghans in or outside the country.



The advertisement features a dark background with a crowd of people. In the top left corner is the emblem of the Afghan Youth Representative in Asia (AYRA) with the text "AFGHAN YOUTH REPRESENTATIVE IN ASIA (AYRA)". In the top right corner is the "Peaceful Mind Foundation" logo, which includes a stylized head icon. The main text is enclosed in white-bordered boxes. The first box contains the title "SPECIAL COUNSELLING UNIT FOR AFGHAN PEOPLE". The second box contains the text "FOR ANY EMOTIONAL WELL-BEING SUPPORT OR STRESS MANAGEMENT" followed by "PLEASE CONTACT" with a WhatsApp icon. Below this are the names and phone numbers of three individuals: "DR. PRABHJEET NARULA - +91 87663 67072", "TANVI PAREEK - +91 78912 16597", and "VISHAKHA - +91 94622 01001". At the bottom of the second box are the email addresses "afghanhelpdesk15@gmail.com" and "tanvi@peacefulmind.org". At the very bottom of the advertisement is the website "www.peacefulmind.org".

**SPECIAL COUNSELLING UNIT  
FOR AFGHAN PEOPLE**

**FOR ANY EMOTIONAL WELL-BEING SUPPORT  
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A picture showing struggle of Afghan People  
Source : Google

# Board Advisors :

- **Hon. Dr. Mai Al-Kaila**  
(Minister of Health, State of Palestine )
- **Senator Shelten G Neth**  
(Federated States of Micronesia)
- **Dave Sleet**  
(CEO Ayanay Psychological Accreditation, UK)
- **Dr. Hondan Ali**  
(Clinician, Canada/Somalia)
- **Dr. Godfrey Gandawa**  
(Former Minister, Zimbabwe)
- **Daniel Del Valle** (GCC and the Middle East)
- **Dr. Ismalia Cessay**  
(Leader of Citizen Alliance Party, The Gambia)
- **Allen Ellison**  
(Senate Candidate, FL USA )
- **Hon. Renee Webb, JP** (Former Minister, Bermuda)
- **Rt. Hon Shawn Richards**  
(Deputy PM of Saint Kitts and Nevis)
- **Rt. Hon. Anthony Lino Makana** (member of Parliament of South Sudan)
- **Senator Samuel Poghisio**  
(Senator – Parliament of Kenya)
- **Amb. Ebyan Salah**  
(Amb. Of Somalia to Geneva)
- **Ms. Ira Singhal**  
(Indian Administrative Service)



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 और,  
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 अविनाश







# Our few Collaborations :



United Nations Association of Chad  
Association des Nations Unies du Tchad

جمعية الأمم المتحدة التشادية



# Contact us :

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*2. 2A, Begumpur, Shivalik Road, Malviya Nagar,  
New Delhi-110017*

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic look. The shapes are layered, with some appearing more prominent than others, and they frame the central text.

THANK- YOU